



Be in Touch  
EDUCATE CONNECT PROTECT

Inside  
your teen's  
digital world

TikTok

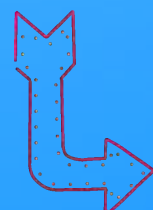
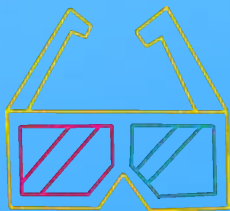
When you realize you  
use anyone's ID to  
buy alcohol underage because  
they can't see your



What parents  
need to  
know about

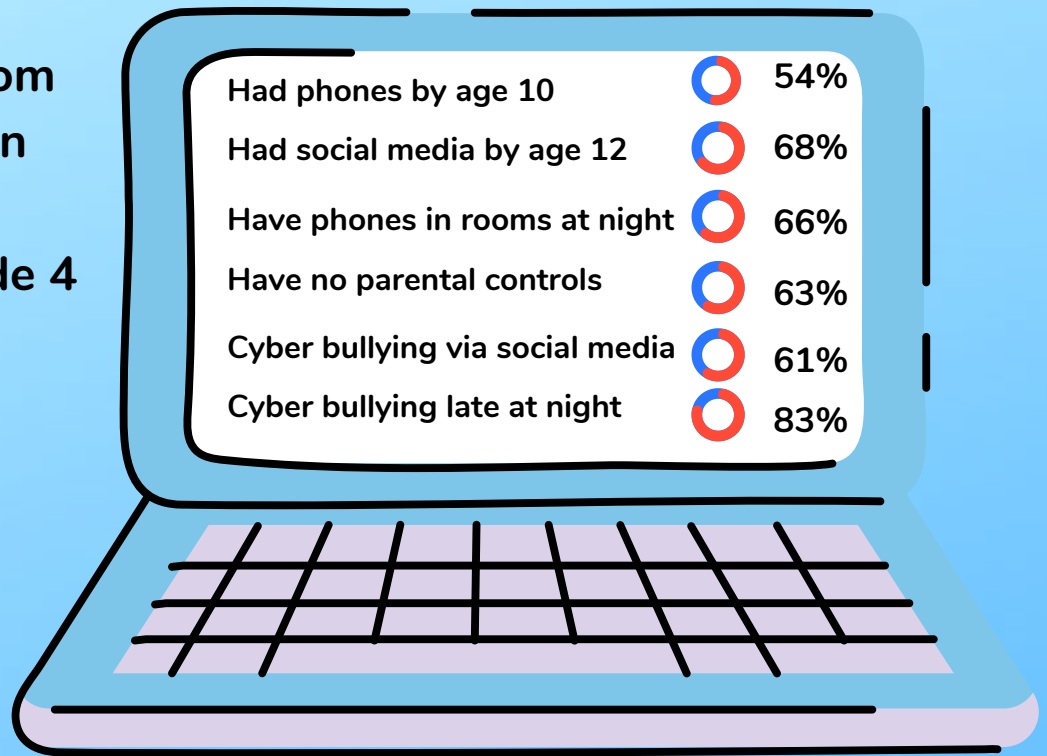


# HOW TO MAKE TIKTOK SAFER FOR YOUR TEEN



# ONLINE PARENTING IS VITAL!

Stats drawn from surveys by Be in Touch of more than 1500 grade 4 to grade 11 learners during 2021



## RISKS OF SOCIAL MEDIA



### SAFETY

- pornography & violence
- cyberbullying & trolling
- grooming & predators
- misinformation



### SANITY

- anxiety, depression & suicide
- social pressure, insecurity & FOMO
- body image & eating disorders
- sleep



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# YOUR T(W)EEN WANTS TIKTOK?

- TikTok requires users to be 13
- Know that it is “real age” rated 16+
- Teens need wisdom and maturity to be able to use TikTok positively!



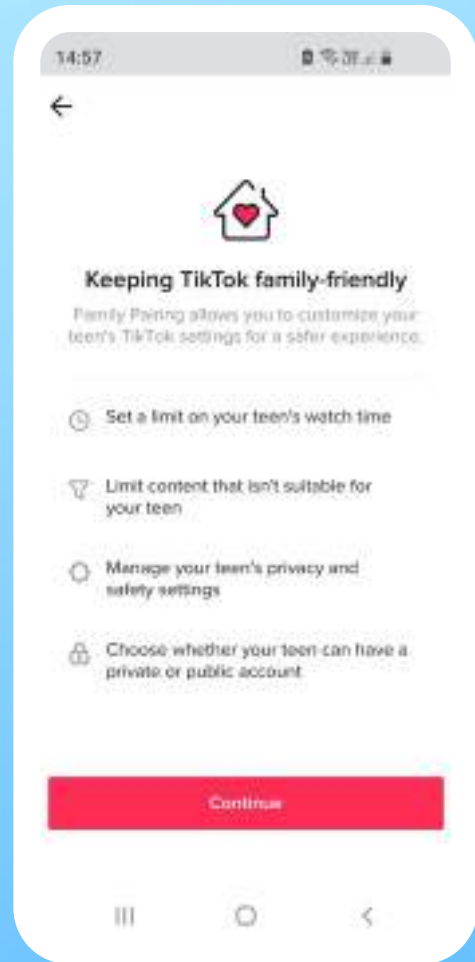
## YOUR TEEN HAS TIKTOK?

- Know your teens's TikTok profile(s) and get involved!
- Talk to them about -
  - thinking before they upload or comment
  - deleting and blocking nasty comments
  - always protecting personal information
  - question what they see and hear
  - how TikTok makes them feel!
- Help them make it safer by changing the in-app settings...



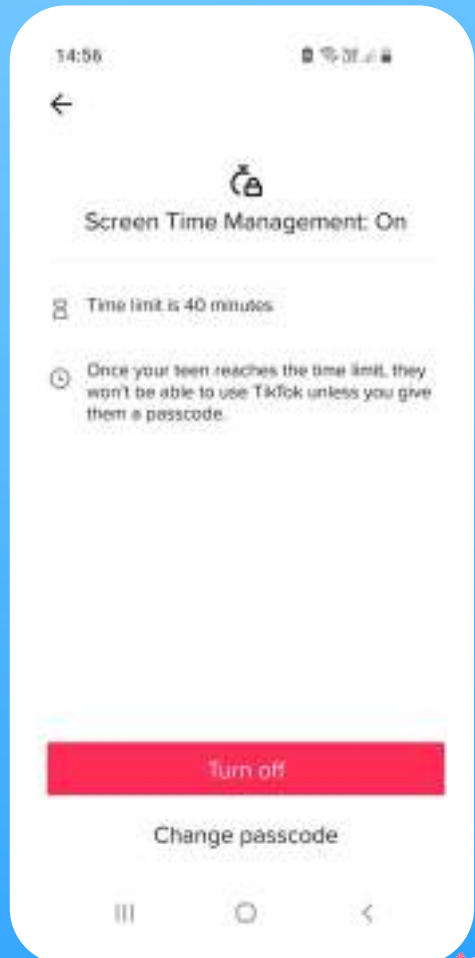
1

# SET UP FAMILY PAIRING



2

# MANAGE SCREEN TIME

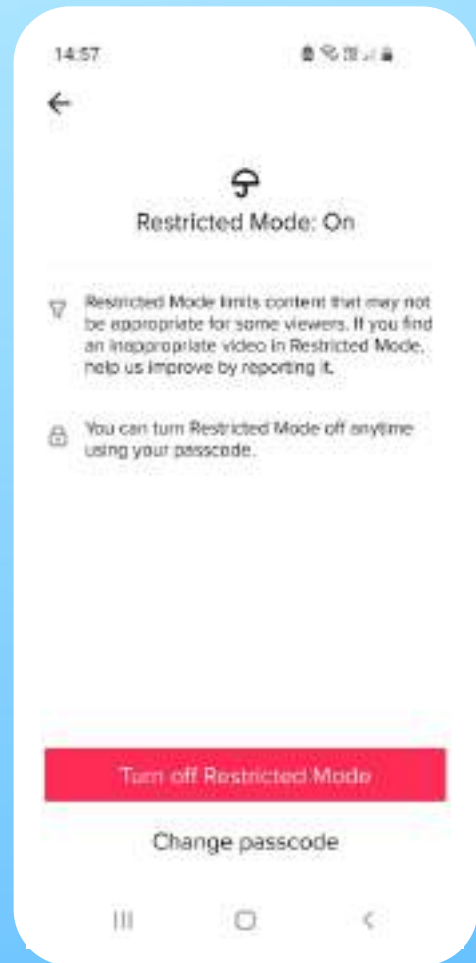


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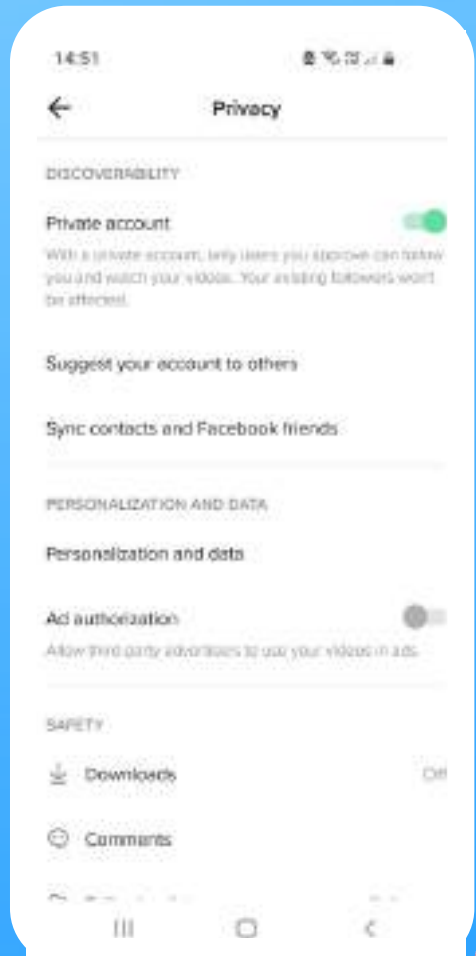
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# USE RESTRICTED MODE



4

# KEEP ACCOUNT PRIVATE

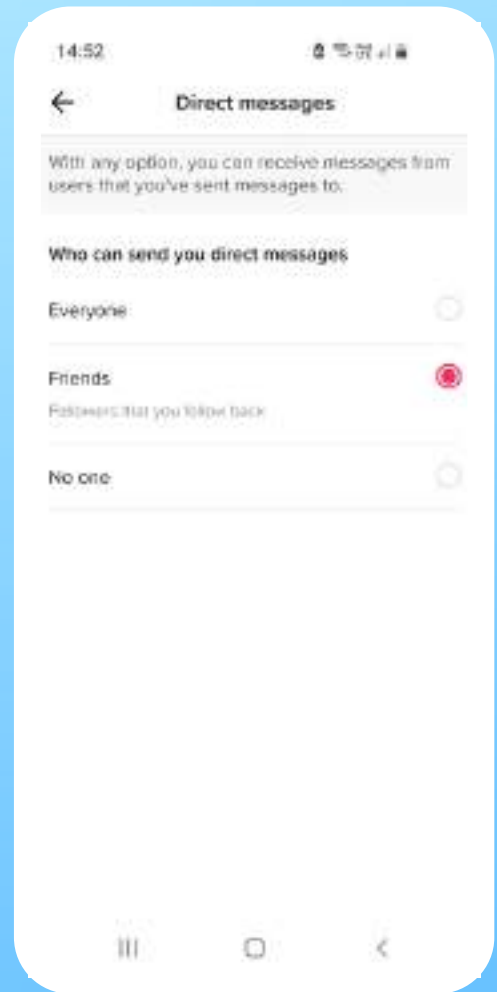


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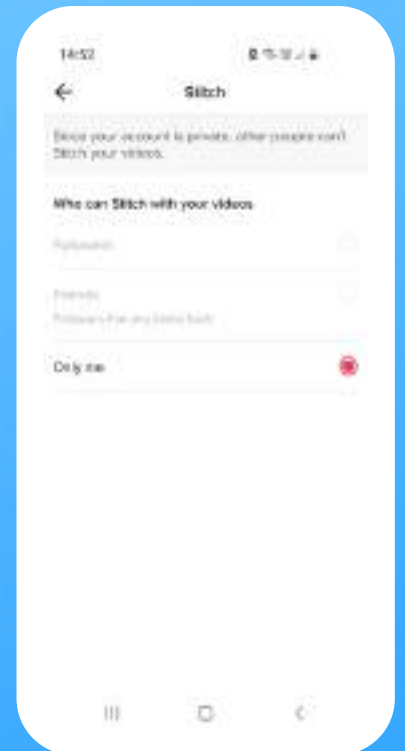
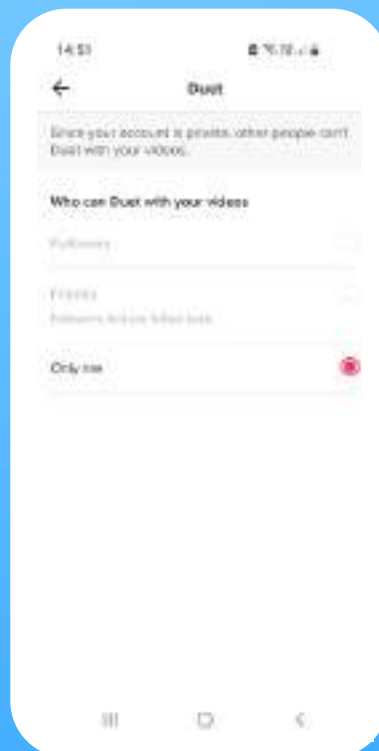
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# CONTROL MESSAGES



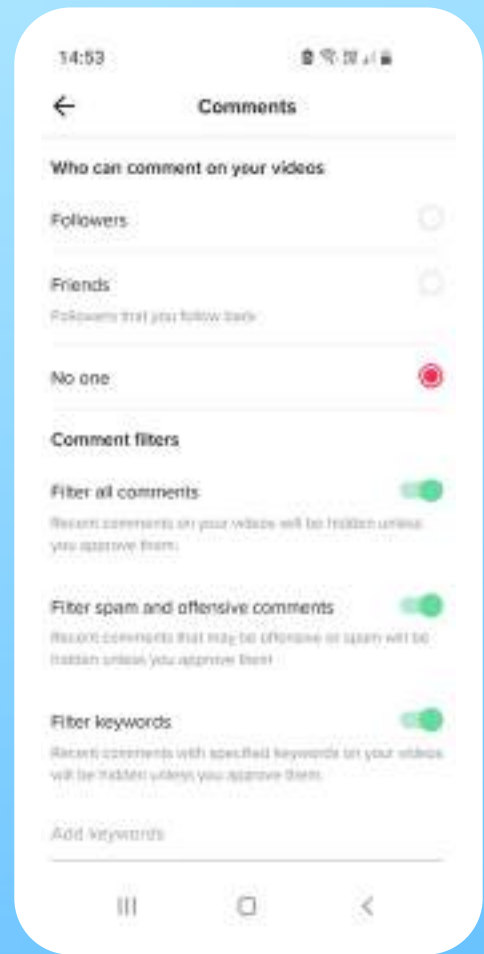
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# CONTROL STITCHES & DUETS

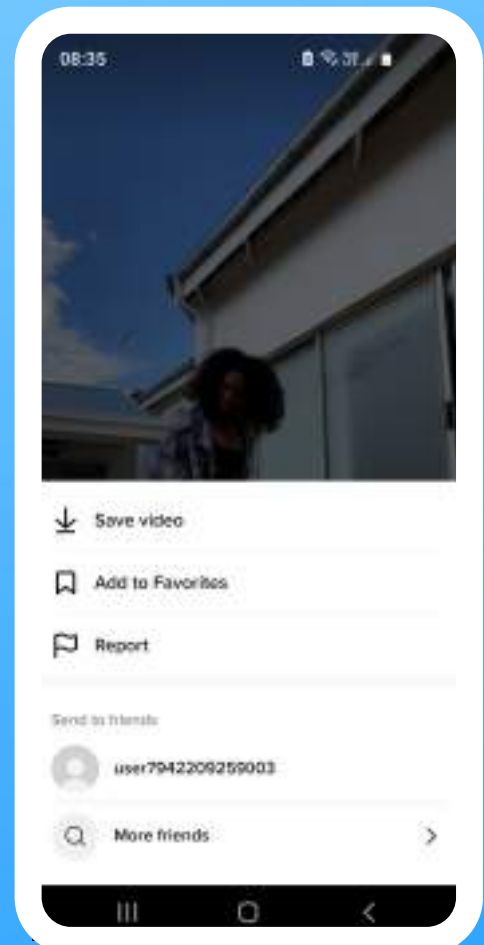




# CONTROL & FILTER COMMENTS

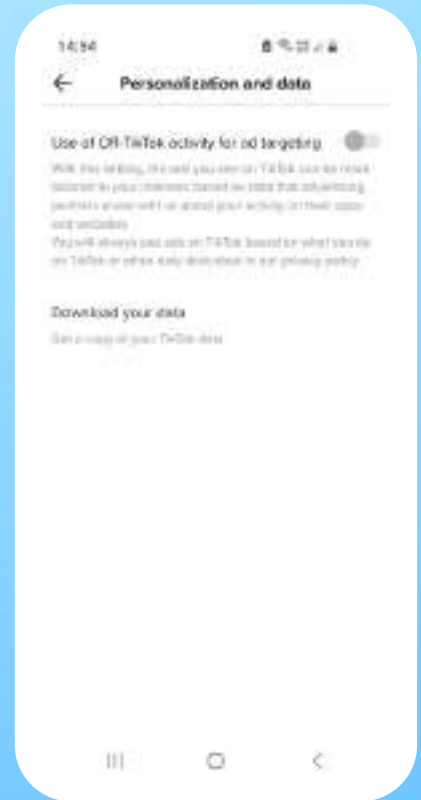


# REPORT



# 9

## CHANGE AD SETTINGS



## WHAT NEXT?



Agree family tech rules



Chat to your teen about their online life



Install a Parental Control



Keep devices OUT of bedrooms at night



Keep checking in and checking up



Talk, talk, talk to your teen!



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Check out the Be in Touch website for more resources to help you keep children safer and saner online!

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